SACUM Inc.

SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

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SACWN Presents -Gwen Avery



October 18th at Faces (2000 K Street)

Come at 6:00 to socialize.

Hors d'oeuvres will be provided.

7 - 8:45 PM Gwen performs.

\$7 for members and \$10 for non-members (at the door)

Come and bring your friends!

We are fortunate to be able to have such a famous and talented singer come here to Sacramento. You may have seen her at the Freedom Faire in June. Now she's coming here to entertain us in a more intimate setting.

These reviews give you a taste of what you'll experience on the 18th:

Avery's sensual voice has a flexible timbre, a wide range, and the heft of a saxophone.
-Chicago Reader

Avery sings with a rare combination of elemental blues potency and jazzy sophistication, full of time worn wisdom and soul stirring passion.

-Contra Costa Times

Avery gives you her heart and soul with a touch of sweetness behind the power. -Bay Area Business Women

Come and enjoy this wonderfully talented woman!

To find out more about Gwen, go to her web site:

http://www.gwenavery.com/

SACWN's Newsletter Is Going Electronic!

Begin receiving your newsletter in your E-mail. Just send your name, address and e-mail address to SACWN at SACWN1@aol.com. Then we can begin sending the E-newsletter.

You will need a PDF reader (Adobe Reader) on your computer in order to open the newsletter. You can download it from our website: www.sacwn.com. Click on the Adobe Reader icon. It's free!

If you don't have access to E-mail, we will still be sending out the paper form of the newsletter.

So help SACWN save trees and save money. Sign up for your E-newsletter today!



THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

PO Box 19036 Sacramento, CA 95819-0036 916-451-8034 SACWN1@aol.com Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP COMMITTEE Nancy

NEWSLETTER AND WEBSITE COMMITTEE Sharon J.

SIG COORDINATOR Sharon S.

VOLUNTEER COORDINATOR Heidi

> TREASURER Cindy

CHARITY ADVISOR Mary Lou

> MAIN EVENTS Barbara

MARKETING/SPECIAL PROJECTS
Kelli

EVENT COORDINATOR

This newsletter is entirely dependent on volunteers.

In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@ sbcglobal.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by Email are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are \$60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

- 1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.
- 2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request
- 3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".
- 4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (October 2, November 6. December 4). We meet at the Lambda Center located at 1927 L St. Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@aol.com with your ideas.



Support In the Comunity +

Volunteer for SACWN Activities

Gwen Avery is coming to town and we need volunteers to set up her equipment before and after the show, help set out hors d'oeuvres, help put out flyers around town, hand out SACWN information at the door and more.

SACWN has many events and activities where, as a volunteer, you can come and meet other women. Our Valentine Dance, Freedom Faire, Rainbow Festival, and helping with the newsletter, are just a few events/activities.

"Meeting at a SACWN event 4 years ago brought us together. Thank you SACWN." - Sharon & Donna

To volunteer for future events contact Heidi at 916-454-3595 or E-mail libra8it@hotmail.com.

N ewcomers

A re you new to
SACWN, new to the
area or just want to meet
new people? Then the
Newcomers Group is for
you! Contact Nancy SACWN1@aol.com

Lesbian-Cancer Support Group

What: A support group of lesbians having cancerrelated health issues in their lives.

Where: Uptown Studios at 912 1/2 J Street

(between 9th and 10th - across from Caesar Chavez Park - internal stairway access to upper level.

When: Third Monday of each month Time: 6:30 PM (sharp) to 8 PM

Cost: Free

For more information: Contact Roxanne - (916-

920-7870 or roxanne1040@aol.com

Maryhouse

A Program of Loaves & Fishes 1321 North C Street #32 Sacramento, CA 95814

Phone: (916) 446-4961 - fax (916) 446-0875

e-mail: loaves@pacbell.net

Maryhouse, a program of Loaves & Fishes, is a daytime shelter for homeless women and children;



it is a home for the homeless. We provide individual counseling to each woman to help her identify and take the next step from homelessness into hope. Maryhouse offers a wide range of assistance, from the

practical- showers, diapers, toiletries, breakfast and lunch- to the life changing- classes and support groups.

At maryhouse, there are three different ways to offer help: by volunteering your time, by providing financial support, and by donating necessary supplies.

Top Ten, which is a SIG with SACWN makes donations to Maryhouse every year. If you would like to help out, please bring and clothing, travel size shampoo, hand lotion, or other items to the next Top Ten event. Betty and Dot will see that they are delivered to Maryhouse.

Good in Adversity

In "As You Like It", Shakespeare wrote:

Sweet are the uses of adversity,
Which like the toad, ugly and venomous,
Wears yet a precious jewel in his head; And
this our life, exempt from public haunt,
Finds tongues in trees, books in the running
brooks,

Sermons in stones, and good in every thing.

Special Interest Groups (SIGS)

Do you have an idea for a new special interest group

and don't know how to get started? SACWN's SIG Coordinator, Sharon S., will be happy to help you start your group. She will help you write your flyers, list you in SACWN's newsletter and help you find a place to hold your meetings. Just e-mail her at: sharon5248@aol.com.

W.O.W. - Womyn on Wednesdays

This is a women's discussion group that meets weekly at the Lambda Center (1927 L Street) at 7 PM. We have topics that are of interest to our members such as safe sex, the role of women in the media, and body image. Also, there are game nights, movie nights, and field trips. And the third week of the month there is a potluck. It is a great place to meet other lesbians in the area and make lasting friendships.

Feel free to contact one of our facilitators:

(Beth 916 835-0339 or Kathleen 916-372-1593), E-mail us at: ourfamily916@msn.com or check us out on the web: http://www.geocities.com/WOW_OF_SACRAMENTO/

Seasoned Singles (SS)

Seasoned Singles is for single women over the age of 50 who live in the greater Sacramento area. For more information, Email

seasonedsingles@earthlink.net.

Seasoned Singles - Upcoming Activities

Couples Dinner Group

The Couples Dinner Group was at Tres Hermanas. It was a fun time. There were two new couples and one we hadn't seen in a while. It was good catching up and getting to know the new ones. The food was great (thanks to Ricky for being the interpreter). We talked long after dinner. The October

Couples Dinner is still in the planning stages. November and December are up for ideas. Please let me know if you are interested in hostessing. jazlady88@hotmail.com for more information.

Any Questions, concerns, opinions, observations, etc. please E-mail me at the above address or you can E-mail MaryLou at Willowmon01@msn.com.

Seasoned Singles (SS)

Seasoned Singles is for single women over the age of 50 who live in the greater Sacramento area. For more information, E-mail seasonedsingles@earthlink.net.

Seasoned Singles - Upcoming Activities

Friday, October 24 will be the Holly Near, Chris Williamson Concert at the Crest Theater. For ticket information go to: www.healingjourneys.org/pages/concert.html. Shirley H. (new to SS) is the contact person at 916-564-9814 or raenbo@earthlink.net.

Wednesday, November 5 will be



the comedian Suzanne Westenhoefer performing at the Crest Theatre. For information

about tickets, etc. go to www.lambdaplayers.org or 916-484-4742. Jean S. is coordinating the SS group. Jean is purchasing a block of tickets for SS. Call her at 484-1793 or 539-1793 or E-mail Tarabud2@aol.com.

Top 10

Top 10 is for women over fifty and for women who love women over fifty. For both singles and couples. Each month we get together for a meal at a local restaurant or at home pot lucks.

We're presently looking for one or more people who would be interested in organizing the monthly activities for Top 10. Please contact Sharon J. if you're interested. 916-483-8730.

Saturday, October 25 at 2 PM, is a Halloween Party at Betty and Dot's. Costumes are optional. They will supply the meat and everyone can bring potluck items, drinks and chairs. Please RSVP by October 25. Betty and Dot will just have gotten back from their European tour so we can all enjoy the snap shots of their wonderful adventure.

Saturday, November 15 at 1: 00 will be the annual Thanksgiving Potluck. Donna & Sharon are hosting. They will supply the turkey, and you can supply all the other goodies. Also, bring your folding chair and drinks. RSVP by November 1st. 916-483-8730.



(continued from page 4) **Seasoned Singles - On Going Activities**

Impromptu Group: Contact Barbara T., at 422-0142 or Windrowtsr@aol.com. Anyone on the Impromptu E-mail list can contact other women on that list to invite them to an activity on an impromptu basis.

Poetry: For information about poetic venues and literary spaces contact Rama at 916-428-7227 or 428-7224 or Djerma@aol.com

Gayiel Von for Cabaret at Club 21: For information about the 7:30 PM gathering call Rosie at 442-7143.

Poker on the 2nd Friday of each month. Contact De D. at 916-927-3304.

Lunch, anyone? Annie and Beth are interested in



meeting others who enjoy fine cuisine for lunch any day of the week, including weekends. If you have a place in mind that you've been waiting to try or an old favorite you can't get enough of, let Annie know at

707-451-2541 or CoonHollow@aol.com

Women's Music - For concert information contact Mary at 916-395-4147 or E-mail MaryStoschke@webtv.net

Harness Racing at Cal Expo - Judy P. will schedule information about harness racing and will be organizing a group. Contact her - E-mail jmpete@sbcglobal.net.

Movie Group - Joy has offered to organize groups to go to the movies. She's most interested in attending movies at the Crest and Tower, but will consider other theaters too. Contact her at 707-449-9543 or JFisher979@aol.com

MORE SIGS THROUGH SACWN

Smart Women Talk - This is a gathering for women to meet and discuss various topics. If you're interested, contact Jazlady88@juno.com.

Arts and Entertainment

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a



variety of entertainment.
It's great fun and you can reconnect with old friends and meet new ones. If you are interested in participating in or coordinating an event, contact Sharon J. To have the

latest updates sent to you by E-mail, just send your E-mail address to: sharonju@sbcglobal.net and indicate your desire to be on the A&E E-mail list.

Half-Fast Hiking Group

This is a well-organized, friendly group of serious hikers who know how to have fun. We are in our sixth successful year of day-hiking with hikes scheduled once per month all year long. We walk at a comfortable pace and usually average about five miles round trip on hikes that are rated "easy" to "moderate". All new-comers will receive a warm welcome!

We are presently looking for a new leader for this group. If you're interested please contact Linda at 452-5806.

What's Happening In Our Community!

Halloween Harvest Dance Saturday, October 25th



Smith Flat Grange Hall
(aka Hangtown Grange)
2020 Smith Flat Road,
Placerville
Music by Jammin' Jo
Music 7:30 to 11:30 pm
\$8 admission

0

At various times of life, we find ourselves with a handful of blocks of different sizes and shapes, out of which we can build some aspect of life, and it behooves us to build it as beautifully as we can....

Isaac Asimov

SACWN Calendar and More

*Sacramento Inter. Gay & Lesbian Film Festival Oct. 8-12

(See next column for details & p. 8 for a preview of a few films)

*SACWN Presents Gwen Avery Oct. 18 at Faces 7-9:00 (See page 1 for more details)

*Halloween Harvest Dance by ITSF
Organization
October 25th
(See p. 5 for details)

Lambda letters Skating Party
October 5
(See next column for details)

Want to know what else is happening in the area?

Check out these groups.

D.O.T.: Long time local organization for couples and singles. Age range averaging between 35 and 55 years of age. Contact person is Vickie at dejavu95821@earthlink.net

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - shoes2u@hotmail.com or PO Box 295, El Dorado, CA 95623.

River City Bowlers: Sacramento's only Gay and Lesbian Bowling League. Winter League begins September 7, 2003. Contact person is Tom Lane - 916-635-1535.

Camping Women: It is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is:

www.campingwomen.org For local information e-mail Sharon: shtaylor@dfg.ca.gov

Sacramento International Gay & Lesbian Film Festival

Oct. 8 - 12

Crest Theatre 1013 K St.

Festival Overview
Wed., Oct. 8, 7pm. Shorts
Night
Thurs. Oct. 9, 7pm

Documentaries
Fri. Oct. 10, 7pm, Feature

Sat. Oct. 11, 7pm, Feature Sun., Oct. 12, 1pm, Matinee

Tickets - \$8.50 \$35 Festival Pass

Advance Tickets at: The Open Book, Ltd. The Crest Theatre www.tickets.com

For a program of specific features, go to www.siglff.org

Lambda Letters Skating Party

Sunday, October 5
6-8 PM
Foothill Skate
4700 Auburn Blvd.
\$10 or 2 for \$15
(Under age 3 - free)



Couples, Families, Individuals

Ellie Zacks, Ph.D.

Clinical Psychologist PSY10426

(916) 863-1790 By Appointment

9700 Fair Oaks Blvd., Suite D, Fair Oaks, CA 95628

The Latest Legislation Related to LGBT Community

Lambda Letters Project

Lambda Letters is a statewide, 502(c)(4) nonprofit, lobbying organization.

Mission Statement

Their mission statement is to urge elected officials to support legislation to end discrimination and to enable all people to gain full and equal access to education, health care, and the economic opportunities of this nation. The primary focus is on lesbians, gays, bisexuals, transgenders, the intersexed, people living with or affected by HIV/AIDS, people of color and women.

How Do They Accomplish This?

They inform members of the issues and then



help people write, E-mail, FAX, and phone elected official urging them to do the right thing. In 2002 our members sent almost 218,000 letters

and E-mail messages to elected officials.

In just the first four months of 2003 Lambda Letters delivered over 66,000 letters and email messages to elected officials. This is about 12,000 more than was delivered at the same time last year. Here are some comments from legislators about the work that you and Lambda Letters do together:

"Lambda Letters' activities have often been a crucial factor in determining whether a particular bill passes or fails." (Senator Sheila Kuehl, D-Los Angeles)

"As a former legislator, I know the impact of grass roots activism. I proudly support the Lambda letters project because it provides a voice for the voiceless."

(Dennis H. Mangers, Lobbyist, former legislator)

25 new domestic partners signed up at the SACWN booth - Thanks Cindy!

Domestic Partnership

Since the latest legislation (AB 205) has passed related to Domestic Partnership, these are the following rights Domestic Partners now have once they have signed the agreement. Previous rights granted were: inheritance, hospital visitation, the right to make medical decisions for an incapacitated partner, the right to sue for wrongful death, and the right to adopt a partner's child.

The newly passed bill includes a partner's right to community property -half the income and property acquired by the other partner during the relationship - and to child custody, child support and alimony after separation, on the same terms as spouses.

The bill also provides a Family Court proceeding, similar to divorce, for domestic partners who split up after at least five years of partnership, or who have children or substantial property together. Other domestic partners would end their legal relationship by filing a statement with the secretary of state, as current law allows.

The legal rights & responsibilities of domestic

partners will change SIGNIFICANTLY once AB 205 goes into effect on January 1, 2005. It is important for you to BE INFORMED about these changes. To download a brochure highlighting many of these changes, go to:



http://www.eqca.org/pressreleases/ab205_dpbrochure.pdf

From Here and There - And A Community Service

SIGLFF's Various Offerings (with quotes from their booklet)

Thursday, October 9 is the film: No Secret Any More: The Times of Del Martin & Phyllis Lyon This is a 55 minute documentary and tells the story of these two legendary founders of the modern lesbian civil right movement. The film tenderly chronicles their enduring passion and political activism through archival photos, interviews and cinematic surprises.

Friday, October 10 is the film: Yes Nurse, No Nurse. This film received a Winner Audience Award for Best Feature at the 27th San Francisco lesbian & Gay Film Festival. It's a delightful Dutch treat of musical homage to the 60s, Amsterdam style! With Busby Berkeley-style title sequence featuring nurses instead of chorines...and an opening number that Variety described as "...a cross between "The Umbrellas of Cherbourg" and "Singing In the Rain" in inspiration and poser-color look: and praised for its "lightness" and cheerful cheesiness...that's just right".

Saturday, October 11 is the film: Ten Rules (A Lesbian Survival Guide). This hysterical directorial debut has all the dyke drama you can imagine. What do you expect when your friends are also your dating pool?

Saturday, October 11 is the film: Prey for Rock & Roll. Sassy dialogue and superb story telling make this movie entertaining and unforget-table. It's a story about Jacki, the lead singer of the all-woman rock-and-roll band, Clamdandy. She packs both attitude and despair in not having "made it" despite 10 years playing the L.A. club scene. It's a real and sometimes raw portrayal of women trying to make it in the tough business of music entertainment.

For specific information about the festival go to page 6.

Long Term Care Seminar

*43% of Americans reaching age 65 will spend time in a nursing home

*\$50,000 is the average nursing home cost per year



*2.5 years is the average nursing home stay

*1 in 3 women will experience the need for long term care

But.....Long Term Care Insurance is still not for everyone.

Come find out what LTC is and is not. Have your questions answered truthfully! See my article on page 9 for more information.

When: October 29th, 2003

Time: 6:30pm - 8:30pm

Where: 2890 Gateway Oaks Drive (University of Phoenix-Natomas Campus)

Seating is limited so RSVP - 530-406-0247 to Dee Dee Gray.

Refreshments Will Be Served

Six Things to Consider When Purchasing Long-Term Care Insurance

In 1900, the average U.S. life expectancy was 47 years old. Just think, a 45 year-old would have been a senior citizen. Today, a baby born in America will live an average of 73 years. That's quite an improvement.

As America has aged, our social landscape has changed, as well. We now have senior citizen centers, retirement communities and all sorts of programs and activities that cater exclusively to seniors. We also have many more nursing homes and long-term care facilities to provide care for the elderly.

If you think professional health care is something

you'll never to reconsider. National Asso-Commissioners, cans over the time in a nursnately, the ava nursing home these costs are than the rate of



need, you may want According to the ciation of Insurance 43 percent of Ameriage of 65 will spend ing home. Unfortuerage annual cost of stay is \$50,000, and rising more quickly inflation.

What can you do to protect yourself and your family from the potentially devastating cost of an extended nursing-home stay? One answer is to purchase long-term care insurance. Thanks to Congress, purchasing long-term care may offer tax benefits. For example, you may be able to deduct long-term care insurance premiums (subject to certain limits) just like any other medical expenses that exceed 7.5 percent of adjusted gross income. This tax break applies to all long-term care policies issued before 1997. Those issued on or after Jan. 1, 1997, must meet federal guidelines to be excluded from taxable income.

If you think long-term care insurance may be a good investment in your future, you need to shop around and compare policies from several reputable companies. Here are six features to look for when making your comparisons:

A Highly Rated Company - Choose a long-term care insurance provider that is highly rated by respected rating agencies. Look for at least an "A" rating from A.M. Best and at least an "A+" by Standard & Poor's and Duff & Phelps.

No Age Limit - Look for a policy that pays benefits regardless of your age when you file a claim. There should be no age cap for filing benefits once you're covered by a policy.

Coverage for All Levels of Care - Make sure your policy pays benefits for all levels of care, from short-term skilled nursing to long-term custodial care.

Parkinson's, Alzheimer's and Senility Coverage Unfortunately, no policy will cover these problems if they are pre-existing, but many policies do offer coverage when these conditions affect existing policyholders. Look for a policy that does.

Stable Premiums - Most companies reserve the right to increase premiums for a group of class of policy holders but do so infrequently. Check to see how often the company you're considering has raised rates. If there is a history of frequent rate increases, look elsewhere for coverage.

Claims Payment History - Be certain that the company has a solid record of paying claims and providing timely service. Some companies audit and publish their historical claims record track record annually.

These are a few things to look for in long-term care insurance. Once you've decided which policy you want, buy the insurance from someone you can trust.

Here's a final bit of advice about long-term care insurance. Some policies offer attractive features and low premiums, but it's important to remember that you're buying a benefit that you may not use for many years. Rate increases and inadequate service will quickly cancel the benefit of low initial premiums, so don't base your decision on cost alone.

Today, we're living longer and healthier lives than ever, but we still must face the fact that living longer sometimes carries a price. Take control of your future. Do your homework and learn how long-term care insurance can help you prepare for whatever lies ahead.

Go to page 8 for information about a Free Informational Seminar on Long-Term Care.

SACWN's Advertising Rate

Business ads are just \$60 per year!
Don't miss out on the best deal in town!
Call 916-483-8730 and let us advertise your business to our membership.



The Center For Spiritual Awareness

1020 West Capitol Ave
West Capitol Ave. West Sac.
Sundays 10 am
Wednesday Meditation 7 pm
Jr. Church for kids all ages on Sunday at 10
(916) 374-9177

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Subscription/Membership Application

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| Address: | | participation in SACWN, Inc. e | events and/or |
| City: State: Zip: | | special interest groups. In co | |
| Email: | | the right to participate in such of which may involve strenuou | |
| Phone: | | hiking, golfing, skiing, cycling, | |
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| Categories | Rates | may arise in connection with t | nese activities. |
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| Proofreaders & Editors | | Planners | |
| Writers | | Decorations | |
| Layout & Graphics | | SIG Leaders | |
| | Comments, Sugge | stions, Viewpoints | |
| | | | |
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| | | SACWN has voice mail and E-mail! Call us at (916) 451-8034 and leave a message. We will respond as soon as possible. OR you can send | |
| | | E-mail to: SACWN1@aol.c | |



PO Box 19036 Sacramento, CA 95819-0036

> SACWN, Inc. Sacramento Area Community Women's Network

Sign up for our electronic newsletter! Info. on the front page.





Rosemary Metrailer Attorney at Law PO Box 215 Nevada City, CA 95959